

STUFFED COURGETTE FLOWERS

Serves 4

INGREDIENTS

- 8 courgette flowers
- ricotta x 100g
- parmesan x 50g, grated
- fresh parsley x 10g, finely chopped
- fresh chives x 10g, finely chopped
- fresh mint x 10g, finely chopped
- plain flour x 100g
- cornflour x 40g
- baking powder x 1/2 tsp
- sparking mineral water x 225ml
- sea salt
- black pepper

METHOD

- put the ricotta into a magimix and pulse until soft and smooth
- add the grated parmesan, chopped herbs, sea salt and black pepper and mix well
- scoop or pipe roughly 2-4 t teaspoons of filling into each courgette flower
- if you are using a deep fat fryer, heat to 180C
- if you are using a saucepan of oil, fill a third of the saucepan with sunflower oil and heat
- once a small cube of bread turns golden brown in about a minute the oil it is ready
- just before cooking prepare the batter
- sift the flour, cornflour, baking powder and a pinch of sea salt into a bowl
- whisk in the sparking mineral water, until the batter thickens
- you are aiming for the thickness of single cream, be carefully not to over whisk and do not worry if there are a few lumps!
- dip a stuffed courgette slower into the batter and then lower into the oil
- cook for 1 -2 minutes, until crispy and golden brown
- drain on kitchen paper
- repeat for all the courgette flowers but only cook 3/4 at a time
- sprinkle with sea salt and serve immediately

